



VOL. XXXVI NO 9

BROADMEAD, COCKEYSVILLE, MD

May, 2015

Revised Master Plan Presented to Residents

Trustees Debate Financing and Possible Start Date in July

By Jackie Mintz

While Broadmead is financially strong, changes are needed to meet future challenges. Healthcare services such as dementia care, comprehensive care and rehabilitation services need to be reshaped and developed. Existing fitness and wellness facilities do not meet current market expectations. And additional larger independent living residences are needed. The Master Plan, presented recently in revised form to residents, was created to address these needs.

At their April meeting, the Trustees supported the Plan's design concepts, the marketing plan and financial feasibility; and gave the administration a green light to proceed with the first phase of the project. This includes completing schematic designs, beginning a "priority deposit" program, pressing for a York Road traffic light and new construction estimates.

The Plan's design concepts, as laid out by Lead Architect Michael Martin, cover a raft of significant changes. While described by CEO John Howl as still at a "high-level conceptual stage" and subject to modifications, they potentially represent transformative changes at Broadmead.

Proposed changes to the Center and the Holly House include:

- A new **health and wellness center** occupying areas on the first floor vacated by the administration, plus the first floor Stony

Run apartments. These will consist of an expanded fitness center, a large aerobics classroom and a new two-lane lap pool. It will also feature the beauty salon and spa plus meeting rooms.

- **New resident activities space** on the **first floor**, also occupying current administration offices, will provide an arts center area for painting, pottery and sculpture, as well as a gallery for displaying resident art.

- On the **lower level**, replacing the existing exercise room, art and ceramics, the Fireplace Room, the Seminar Room, the BRA office, the Cave and salon, will be two resident meeting rooms, plus rooms for sewing, flower, arranging, a computer lab, a video library, a book work space, and a combined Barnes and Noble-style library and café. A new

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The next issue of The Voice will be June 15. Following a summer break it will resume publishing September 1.

See page 20 for deadlines and the revised Editorial Policy.

The masthead's tulips, harbingers of what's to come in May, not only beautified Broadmead's fenced-in garden area in 2014 but also appeared on the envelope of a recent 11,000 Marketing Department mailing, which garnered a record number of replies. The tulips resulted from a planting by residents Hyko and Dosia Laeyendecker, natives of Holland, of some 170 bulbs.

Photo by Erroll Hay

Master Plan...from Page 1

greenhouse will be built outside the café. The wood shops will remain unchanged.

- The **auditorium/lounge** area, including the current **library**, will be remodeled as a dedicated multi-purpose room where all seats have a direct view of the new stage.
- **Dining**: Holly Terrace will gain some 80 seats, by removing the existing ramp and enclosing some outdoor space. The serving area will be redesigned to minimize congestion.
- A new building facing the back of Holly House will house the displaced **financial and administration offices**. A common entrance connecting this building with Holly House will contain an elevator, providing access to the second floor of both buildings.
- A drive-under canopy will be erected at the **main entrance** to shelter persons stepping from their cars. **Taylor Hall** will be expanded to include the 10 residence units currently on the second floor of Stony Run. The dining program will be improved. **Hallowell** will consist of four distinct household-style “neighborhoods, one for dementia care, one for short-term rehab, and two for traditional comprehensive care.

The other main change involves the addition of independent living residences, the revenue from which, Howl explained, is needed to pay for the other renovations and enhancements. Two new separate buildings are envisioned, each three stories high, featuring six or seven units per floor, with underground parking. Sited in the existing employee parking lot, some will have premium views overlooking the barn and spring house.

Assuming final Board approval at its May meeting, preparatory work on Phase I could begin by July 1. Projected target dates are to complete 70-75 per cent of the pre-sales of new residences and financing of the project by the **end of 2016**; completion of the 40 new independent living residences in **early 2018**; completion of all Center and healthcare renovations by **early 2019**.

Know Your Neighbors
Wear Name Tags

Which Wi-Fi Should You Use?

By Bernie Anderson

Now that Wi-Fi is available throughout the Broadmead campus, many residents are asking if they should give up their private Wi-Fi service, for which they pay a monthly fee. The answer depends on how each resident uses the internet, and how patient they are. In general, if one simply uses the internet for occasional email, then the new Broadmead Wi-Fi connection may suffice.

The key determinant is the speed at which a connection is provided. When someone accesses the internet to send an email, or make an inquiry, three things determine the speed of the service: “ping” or how fast a response comes after sending a request, “upload speed” and “download speed.”

In recent tests performed at the same time on the same day, one in a cluster, and the other in the Center, the differences between a private connection and the new “Resident-Broadmead” Wi-Fi connection were dramatic.

	Broadmead WiFi ResidentBroadmead	Private WiFi
Ping	1150 milliseconds	38 milliseconds
Up load	263 mbps	785 mbps
Down load	1150 mbps	4285 mbps

Anyone can measure these speeds by using an “app” downloaded on an iPad/iPhone from the Apple store. It is called “OOKLA,” and it is free. iPad users who have recently completed the iPad training program should find this useful.

First Monday Book Group

Auditorium 10:30 a.m.

May	Catcher in the Rye by J D Salinger
June	The Children Act by Ian McEwan

Residents Welcome and Celebrate Broadmead's New Leadership Team



In appreciation of all they have done for Broadmead, the Senior Executive Leadership Team was welcomed and celebrated at a gala event sponsored by the Residents Association April 7. All but two, Chief Medical Officer Barbara Carroll and Vice President of Human Resources Rita Johnson-Chase, have been at Broadmead for less than two years. All were introduced by an officer of the Residents Association and reflected briefly on their time here. Shown from left are Andrea Dwyer, Health Services Administrator; John Palkovitz, Chief Financial Officer; Kristy Krueger, Vice President of Marketing; Rita Johnson-Chase; John Howl, Chief Executive Officer; Robin Somers, Chief Operating Officer; Dr. Barbara Carroll (second row); and Kathy Torrance, Senior Executive Assistant.

Photo by Erroll Hay

Piano Proposals Deferred

By Marcia Reinke

A proposal that the Broadmead Residents Association purchase two new pianos, a concert-quality grand piano and a hybrid piano for everyday use, is being withdrawn, BRA President Jim Crowder has announced.

"The BRA Finance Committee and the Executive Committee accept responsibility for not having vetted all the facts and figures involved," he said, referring to the presentation made at the March meeting of the Board of Directors and the decision to seek resident opinion. The purchase of the two pianos would have required a temporary withdrawal of some \$140,000 from the BRA's Friends Fiduciary Fund, pending receipt of contributions from the BRA Music Committee, Broadmead Inc. and a 2016 fundraising effort.

Not considered sufficiently was the impact of a \$140,000 withdrawal on the annual BRA budget, a portion of which comes from interest on the Fund, Crowder said. He added that a piano committee, staffed by persons "beyond

just the Music Committee," will assess piano needs and costs in coming months.

The March proposal was based on \$1,000 in annual tuning costs for the existing pianos. Some musicians, moreover, have refused to perform on our 30-year-old Yamaha baby grand, requiring a rental of a grand piano if they are to perform here. The proposed grand piano would have been locked down so that only professional musicians would have access. Costs for a concert grand piano have been estimated at \$85,000 - \$125,000, depending on whether it is reconditioned or new. A hybrid piano, which would not require the tuning and other maintenance of a concert piano, would be in the \$15,000 range.

Crowder indicated too that a fund-raising effort should precede, not follow, any such major purchase. At the *Voice* deadline, official reports had not come in from cluster meetings but both the "rumor-mill" and the posted comments on Broadmead's listserv were overwhelmingly opposed to the March piano-purchase proposal.

Appointment of First Security Director Signals Implementation of Improved Security Plan

By Jackie Mintz

With the appointment of new security director George Pattee, Broadmead is poised to put into action recommendations made in a security assessment it commissioned several years ago. The first recommendations included improving control of access to cluster units, a step implemented with the re-keying project of two years ago, and hiring a security director, which Pattee's appointment represents.

According to Pattee and his boss, Joyce Malone, Director of Environmental Services, steps in the near future include improving night-time security, hiring a fourth duty man, and training all duty men as first responders. Security will be brought back in-house and the duty men will report to Pattee.

The existing surveillance cameras will be updated and 50 new ones added, to provide greater coverage of the campus around the perimeter road and at property lines.

Better control of access to the Center will involve repairing and expanding the CCTV (closed circuit TV) system. The first step will be installing a video access control system at the loading dock, to enable the reception desk to see who is at the dock. If this works, the same system will be installed at other entries.

Another trial involves the use of an "app" on the mobile phone of the night duty man, so when he is away from the reception desk making his rounds, he will be able to see who seeks entry without having to return to the front door.

The fire alarm panel in the Center will be redesigned to incorporate visual alerts. Of importance to many residents, staffing for the lower level entry will begin in July.

Further down the road are several projects, one being the evaluation of new systems for the control of vehicles entering the main gate, with the aim of installing a visual device, replacing the current audio only system. One option for residents returning at night would be a pass similar to the Easy Pass.

Another possibility on the drawing board is improved lighting in clusters, with lights that

dim when there are no passers by. Also under consideration is a security system for executive offices and new keys for staff offices.

Both Malone and Pattee stressed in an interview with the *Voice* that they are still gathering information and developing assessments and always welcome feedback.

They hope to disseminate regular educational pieces about scams and preparedness for emergencies such as water-main breaks, power outages, fires or the need for an evacuation. They assured the *Voice* that pets would not be forgotten in any evacuation plans they draw up.

Pattee Heads Security Staff

George Pattee comes to Broadmead from Oak Crest Village, whose residents have complained that Broadmead has been poaching some of its best administrators. He worked there for 16 years, starting as a server



George Pattee

in the dining room while still in high school. From there George moved to facilities management, performing inspections for wet ceiling tiles, and dealing with heating problems. From 2009 to 2014, he was director of capital projects, managing a budget of \$4 million. He also filled in as acting director of safety.

At Broadmead, along with security, George's brief will include capital planning projects and coordinating with contractors working on renovation projects.

George grew up in Perry Hall and has an Associates Degree in business administration and a bachelor's degree from UMBC in management of aging services. He and his wife, whom he met at Oak Crest, live with their new 14-month old daughter in Bel Air. His hobbies include golf and cars. He has a

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Seder Observance Packs Auditorium



This year's annual Passover Seder was so oversubscribed that it was moved from the Holly Terrace into the auditorium where residents of all faiths gathered to hear Reva Freedman, who flew in from Illinois again this year to enlighten her audience with explanations and humor. Reva, daughter of resident Eli Freedman, guided the participants through readings in the Haggadah, a copy of which was at each place setting, and told stories of how Jews from all over the world commemorate the exodus from Egypt. At left Reva is splitting some home-made matzoh with Ann Stein and Nydia Finch. At right is a plate of traditional foods. These, along with a meal of brisket, asparagus, chicken and scalloped potatoes, were prepared by Food Service. The event was sponsored by the Multicultural Committee.

Text by Gwen Marable Photos by Erroll Hay

Pattee, continued from page 4

Subaru WRX and attends the Hunt Valley car rally on Saturday mornings. He is also a Ravens fan.

Along with Joyce Malone, George stressed that communication with residents is a number one priority. So when recent questions about security in parking lots came up, George met personally with the 12 residents who either wrote on the resident listserv or had otherwise indicated their concern.

Special Presentation

My Work in Stained Glass

by Lucinda Shaw, resident
Saturday, May 23 7 p.m.

Camera Club Meeting

Monday, May 18, 10:30 a.m.
Fireplace Room

The Broadmead Play Readers

Wurzel-Flummery

a comedy by A.A. Milne

Wednesday, May 6, 7 p.m. Auditorium

Cast

Robert Crawshaw, M.P.	Harry Butcher
Margaret Crawshaw	Renate Meise
Viola Crawshaw	Alice Christensen
Richard Meriton, M.P.	John Dowling
Denis Clifton	Frank Iber

Indian Summer of an Uncle

by P.G. Wodehouse

Dramatized by Eli Freedman

Wednesday, June 3 7 p.m. Auditorium

Cast to be announced



Members of the Baltimore Choral Arts Society returned to Broadmead last month for another in the series of memorial concerts sponsored by long-time member Dr. Anne E. Culbertson, in memory of her mother Marty Culbertson, a Broadmead resident. The program included selections from the classics, plus My Fair Lady. Photo by Erroll Hay

Three Women Win Challenge

By Nancy Allchin

Marj Espenschade placed first in this year's Destination Challenge, clocking up 21,250 "miles" en route from Broadmead to Sydney, Australia. Placing second, with 20,650 "miles" was Lily Kouo; and third, Loretta Cunningham with 17,650.

Eighteen residents signed up to participate in the Wellness Department event which gave "mile" credits for walking, biking, exercise classes, yoga and other activities aimed at increasing physical fitness. Each year a new destination is chosen. A total of 209,675 miles were covered by the 18 residents. Sydney is 9,782 miles away.

Wellness Coordinator Kaitlyn Bownds organized the event and counted the miles. Other participants were Mike Bielefeld, Sonia Blumenthal, Angela Breakey, Josepha Caraher, Anne Daly, Bob Daly, Park Espenschade, Ruth Fleishman, Alice Giles, Ginny Hoefner, Ross Jones, Sheila Meyers, Peggy Patterson, Virginia Schurman and Mary Frances Wagley.

Kentucky Derby Party

Saturday, May 2 5 p.m.

Preakness Party

Saturday, May 16 5 p.m.

Residents Needing Aid Encouraged to Call BRAF

By Alma Smith

Residents experiencing financial problems, or who expect to have trouble covering a probable July 1 increase in monthly fees, are encouraged to apply for the help available through Broadmead Residents Assistance Fund (BRAf).

The Fund, established in 1981 by Broadmead Inc. and the Broadmead Residents Association, is now assisting seven residents with income from its \$8.2 million in assets.

In addition to monthly fees, help is also available for those lacking the resources to finance special needs and services, such as hearing aids, power-operated vehicles, dentures and dental treatment.

The BRAf Council oversees the distribution of assistance. Those currently receiving assistance are urged to review their situations and make a request for an increase, if needed.

Applications for help may be made in confidence to either Chief Executive Officer John Howl or Chief Financial Officer John Palkovitz. The BRAf Council decides on each request. To assure privacy, requests are discussed by case number only, and not by residents' names. Current BRAf Council members are residents Alma Smith, Frank Iber and Saralee Goodman plus Trustee Alice Cherbonnier.

More Gardening Help to Be Available to Residents

By Elborg Forster

Broadmead's efficient grounds keepers have announced changes to the services available to residents in the clusters.

- Edging, mulching, and general cleaning will be done in all fronts, backs and sides on a rolling schedule. In the past only the fronts were taken care of by the grounds keepers.
- Residents wanting additional work done, such as installing and watering annuals, removing healthy plant material and landscaping to improve the looks of the plot, can hire help at \$32.50 an hour. A fee will also be charged for weeding and cleanup requests outside the grounds maintenance schedule.
- Residents who wish to continue using private garden services are requested to please notify the Maintenance Office.
- Major changes to existing landscape spaces, such as installing trellises or stone walls or expanding the size of the plot, need approval from the Grounds Department.

The aim off the new ground rules is to have all garden plots look at least respectable, with many receiving the help they need to look their very best.

Joyce Lister Exhibits Pastels



Joyce Lister's pictures, which reflect her travels and interest in nature, people and animals, have an impressionistic quality, with her colors and style evoking a mood. She works exclusively in pastels, a pure powdered pigment that is ground into a paste and then rolled into a stick. Pastels do not darken, fade, yellow, or blister with time and remain fresh for centuries. Joyce's work has been accepted into juried shows, both here and abroad, and have won numerous awards and prizes. Her pastels have been exhibited widely in solo and group shows and are held in private collections across the country. Joyce teaches pastels in Baltimore.

Photo by Erroll Hay



CEO John Howl has been setting up a series of meetings between residents, trustees and Broadmead's representatives to the Maryland General Assembly and County Council to discuss issues crucial to Broadmead's Master Plan, such as a York Road entrance traffic light. Shown here with Delegate Suzanne Aumann, center, are Jill Schumann, Executive Director of LeadingAge Maryland, Joseph Sterne, Howl, Jonas Rappeport, Alma Smith, Jim Crowder and Trustee Terral Jordan. Other meetings have been or will be held with State Senator James Brochin, Delegate Chris West and County Councillor Wade Kach.

Photo by Kathy Torrance

Barn Sale Expected to Gross Approximately \$16,000



Early estimates, at The Voice deadline, were that last weekend's massive Barn Sale would gross approximately \$16,000, thanks to the efforts of residents who have been collecting, pricing, storing, unpacking and finally selling items ranging from massive bureaus and couches to trinkets at the table called "This'n' That." To be subtracted from the \$16,000 are sales tax, labor, and mailing. Barn sales raise money for Residents Association activities. Photographer Erroll Hay took this picture. How? From a drone?

Baltimore Symphony Musicians Present Broadmead Program



Violinist Madeline Adkins, Violist Karen Brown, cellist Pei Lu and violinist Angela Lee were featured in Mendelssohn and Haydn quartets at the April concert.

Photo by Bernie Anderson

Trips Committee

Thursday, May 7

Baltimore's Sherwood Gardens

See sign up sheet on bulletin board

Thursday, May 28

Natural History Society of Maryland

Sign up sheet will be posted on May 11

Residents Association Concert Series

Wednesday, May 13, 7 p.m.

Mobius Percussion Quartet

Moving Around Broadmead

	From	To
Mary Burgess	S-205	T-318
Jerry Britten	F-11	H-243
Betty Mohr	H-242	H-235
Joye Jennings	H-250	H-211
Bobbie Forbes	G-11	S-208

Former Broadmead CEO Rich Compton Tells Seniors That CCRCs Need to Change

By Alma Smith

Continuing Care Retirement Communities will need to make substantial changes if they are to continue attracting a new generation of residents, most of whom will not have the money, savings, pensions, and perhaps not the substantial safety nets of Social Security and Medicare, which occupants enjoy today.

Speaking as part of a four-member panel at Oak Crest, near White Marsh, former Broadmead CEO Rich Compton said there are fewer people today interested in making a CCRC their retirement home, opting instead for naturally occurring retirement communities (NORCs), where aging-in-place occurs organically via use of community senior centers and service networks.

The panel, organized by Oak Crest's chapter of the Maryland Continuing Care Residents Association, also included Gloria Lawlah, former Secretary of the Maryland Department on Aging; Anna Monias, associate medical director at Oak Crest; and Margaret Kimball, formerly of Oak Crest and now vice president of its parent company, Erickson Living.

CCRCs should make strategic decisions to evolve, be reactive to external issues, merge into larger systems, and transform into new businesses, Compton said. They will need to convert facilities for outsiders, unbundle resources and become multi-faceted organizations.

Compton also warned that CCRCs now offering only Type A contracts, like Broadmead, should not underprice any new Type C contracts they decide to add.

Points made by other speakers included the need to be tech savvy; to provide health and wellness centers that are state of the art; to redesign for more customized dining; and to provide larger residences.

Attending the event from Broadmead were Jonas Rappeport, Alma Smith, Ethel Landis and Marcia Reinke.



If you see it on the trails or anywhere on campus, "pull it up" is the advice of many contributors to Broadmead's resident listserv. It's called "garlic mustard." It's pretty but invasive, kills everything in its path.

Local MaCCRA Invites Legislators, Plans Talk on CCRC Regulations

Two meetings are scheduled for members and friends of the Broadmead Chapter of the Maryland Continuing Care Residents Association, one featuring local legislators and the other, two members of the Broadmead staff.

State Senator Jim Brochin, Delegate Chris West and County Councilman Wade Kach will bring greetings and review the latest General Assembly and County Council actions of interest to Broadmead at a meeting for both members and friends in the auditorium Wednesday May 20 at 7 p.m. Members will also briefly give final approval to bylaws.

Broadmead's Chief Financial Officer John Palkovitz and Chief Operating Officer Robin Somers will speak on how state regulations affect CCRCs, and the differences between regulations in Maryland and Pennsylvania at the Broadmead chapter's annual meeting on Wednesday, June 10. Officers for the coming year will be elected.

The annual state meeting for chapter officers will be held on May 30 at Maplewood Park Manor, Bethesda. Broadmead's Ethel Landis has been nominated for statewide treasurer.

BROADMEAD WELCOMES

Jack Williams, W-8, 443-578-8440.
jfwfreewill@comcast.net. February, 2015.

A native of Manhattan, Jack's prizewinning senior thesis at Princeton on the politics of the Port Authority of New York revealed an early talent for spotting controversy.

Both in college and at boarding school, he wrote for and became editor of the school newspaper. Jack continues to be interested in layout and writing, and looks to be a surefire bet for the *Voice*.

After college, Jack went into advertising and marketing. During a first job at Lever Brothers, he traveled extensively meeting with local media and appearing on local TV shows. Another position was at Aeolian Co., which manufactured pianos, including the Hammond, which Jack asserts was better than Steinway. He ended up at Dun and Bradstreet as Director of Communications.

After retirement, Jack entered local politics in Nassau County, Long Island, where the family had moved from Manhattan. Along with a group of like-minded people, he found himself opposing a plan by a developer in the town of Oyster Bay that would threaten the Oyster Bay federal wildlife reserve. Wildlife reserve administrators said they could not maintain the preserve if the development went through but the town was prepared to approve the plan. Jack and others filed suit against the township of Oyster Bay and won in 1985. The group then founded Friends of the Bay, which continues to monitor water quality.

After this initial foray into town politics, Jack ran for and was elected mayor of the village of Centre Island, a position he held for 20 years. He also headed the Nassau Village Officials Association.

Jack moved to Broadmead with his wife Joan from Oyster Bay.



By Jackie Mintz

Joan Williams, W-8, 443-578-8440.
jfwfreewill@comcast.net February, 2015.

Like her husband, Joan is a Manhattanite. After attending the Spence School and Columbia University, Joan's first full-time job, the most interesting, she said, was as an assistant to a commercial photographer. Scouting locations for his shoots and props for his still-lives, she enjoyed exploring museum basements and galleries for unusual objects and developing contacts for rare curios. She also enjoyed working on his art photography.

The attraction of the job was enhanced by Joan's own artistic bent. Always drawing when she was young, she and her sister drew cartoons together. According to her father, himself a talented amateur artist, she should have been an artist. And her mother, a pianist, regularly took her to museums.

After taking some five years off when her children were young, Joan found it difficult to get back into that business. She eventually worked for the bridal department at Gimbels East, which she turned from what she described as essentially a service to customers into a profit-making enterprise.

On Long Island, Joan became involved in a campaign against a development plan that

would endanger the Oyster Bay wildlife preserve and raised the funds for the high-priced legal team in their suit against the town.



Fresh from her success in that action, Joan pursued her political interests and helped to elect the first democratic town supervisor in a

district solidly Republican for 70 years.

Daughter Maris lives in Owings Mills, son Roderick in Long Island. *By Jackie Mintz*

IN MEMORIAM

Agnes Visy

December 27, 1930 - March 25, 2015

Margaret Cooke

August 24, 1918 - April 6, 2015

Marilyn Bates Mathias, D-9, 443-578-8226.
mimi3311@flash.net. April, 2015.

What better preparation for an expert homemaking career than a degree from Cornell University in Home Economics. That is what Marilyn Bates had. Not only that, but she embarked on that career five days after graduation, when she married classmate George "Duffy" Mathias.

Marilyn was born in Adams, NY, on a dairy farm. She moved frequently with her family because her father was an agricultural

engineer who was often transferred to oversee farming programs in upstate New York.

Her first two years of marriage were spent in California while her husband was stationed there in the Navy. In 1960, the Mathiases moved to Upperco, MD, just north of Broadmead.

They have three children, one in Lutherville, and two in Upperco.

Marilyn's interests included renovating two farm houses in Upperco, one of which was built in 1818. Her sewing expertise has enabled her to make window dressings and other projects for her home.

The Mathiases' travels have taken them to the Galapagos Islands, New Zealand, Russia, and South America. Genealogy is another interest for Marilyn. In addition to these pursuits, she and her husband enjoy gardening and ballroom dancing.

By Mary Ellen Saterlie

George Duffield Mathias, D-9. 443-578-8226.
mimi3311@flash.net. April 2015.

George 'Duffy' Mathias is, among many other things, a Food Management expert. Graduating from Cornell University with a bachelor's degree in Hotel Administration with a concentration in Food Service, he entered his father's business, A.L. Mathias, Co. as Vending Division Founder and Manager, and Purchasing Manager. After stints at Servomation and Mark Four Food Services, Duffy became President of Fairview Sales, Inc.



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After graduating from Cornell, where he was an All American swimmer, he married Marilyn Bates and they left for the Navy, where he attended Officer's Mess Management Training.

Duffy lived in Dundalk until he was nine

when the family moved to a farm in Upperco, MD. A graduate of Randolph Macon Academy, he serves on its Board.

Duffy is interested in firearms and has founded several businesses working with licensed dealers. A member of the Maryland Handgun Roster Board, he acts to regulate

the sale and usage of these weapons. He maintains an interest in antique firearms. Duffy is a descendant of the Chaplain for the Continental Congress in Philadelphia.

Duffy is finance committee chair at Mount Carmel United Methodist Church in Parkton.

By Mary Ellen Saterlie



BRA Healthcare Lecture

Tuesday, May 19

10:30 a.m. Auditorium

Who Was Mrs. Bruck, and What Was Her Legacy?

Jessica McAllister
Certified Music Therapist

Elizabeth Shaner
Certified Art Therapist

Broadmead MaCCRA

Wednesday May 20, 7 p.m.

Meet Our Legislators

Wednesday, June 10, at XXX

Annual Meeting

Speakers COO Robin Somers
and CFO John Palkovitz

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Arvo August “Gus” Saarnijoki. P-4.
443-578-8235. April 2015.

Arvo August ‘Gus’ Saarnijoki’s crisp New England accent attests to his life growing up in New Hampshire and, later, New York. Born in Newport, NH, to Finnish parents, he graduated from Worcester (MA) Polytechnic Institute in 1946 with a degree in Chemical Engineering.

Gus spent 39 years with the same company, which had several names but was ultimately called *Buffalo Color*, which made textile dyes. He was operations manager and was especially involved with the chemical production of



indigo, the dye used for denim in the making of blue jeans. He retired in 1985.

Gus lived in Williamsville and Buffalo, NY for nearly half a century. After retirement, he moved to Blue Ridge, VA, and though he lived there for 15 years, he never lost his New England accent. He moved back to upstate New York in 2000, coming to Broadmead from near Rochester,.

A widower, Gus has two daughters, Linda Saarnijoki and Gretchen Toles.,

Gus likes to garden and grows both vegetables and flowers. In Virginia, living near the Blue Ridge Parkway, he enjoyed the beauty of the mountain laurel and the rhododendrons in the spring time. He is looking forward to seeing the blooming trees and shrubs native to Maryland as they appear on the Broadmead campus.

By Mary Ellen Saterlie

Residents Group Suggests Major Changes to Associate Program

By Marcia Reinke

A substantial increase in the annual membership fee, increased meal costs, age criteria and term limits are among the proposals being advanced by resident members of the Marketing Committee “to help alleviate legitimate (resident) concerns” about Broadmead’s current Associate Membership program.

Explored in discussions with COO Robin Somers, Kristy Krueger of Marketing and Linda Chick, who administers the program, have been whether it benefits Broadmead financially, whether it serves a marketing purpose and whether it has a role in meeting community and outreach goals. The issue is also before a subcommittee of the Board of Trustees.

The popular program, established in 2007, is now full to its 75-person capacity with a substantial waiting list. It grossed \$22,230 in 2014 of which \$15,950 is considered profit, earning 25 per cent for the Residents Association. For as little as \$275 a year (\$25 annually plus \$125 twice a year for participation in programs) members may purchase meals at resident rates; use the exercise room, the pool, the beauty salon, the library and the trails; attend classes and lectures as well as participate in such programs as Let’s Dance, Let’s Sing, the Writers Group, the Camera Club, Bird and Nature, movies, bridge, ceramics and art.

Although a decision on whether the program as a whole should continue is a matter for the trustees, a Marketing subcommittee composed of Kitty

Stierhoff, Cliff York, Ross Jones and Nancy-Bets Hay is suggesting changes to be implemented now. These include:

Age, set at whatever age is acceptable to enter Broadmead;

A one-year contract, renewable twice. After this time an Associate should become a resident of Broadmead or be dropped so those on the waiting list may be added.

Meals at guest, not resident, rates in all dining venues.

Cost, at a yearly rate “to be raised considerably.” The committee noted that the least expensive rate at the MAC athletic club is \$69 a month. A \$500 yearly rate would not be unreasonable, it said.

Programs should be listed and monitored to prevent overcrowding. Associate members would be dropped if overcrowding occurs.

Monitoring of Parking, perhaps with a separate sticker and use only of the employees parking lot.

Residents Association

Annual Meeting

Auditorium/Lounge

Monday, June 1, 7 p.m.

Public Health Expert Addresses World Problems

Chief Issues: Underfunding and Overpopulation

By Ross Jones

When one considers the state of world-wide health conditions there is good news and bad news. The good news is that thousands of highly skilled professionals have committed themselves to solving critical health issues facing large populations around the globe. Some progress is being made, with much more to be done, said Dr. Michael J. Klag, Dean of The Bloomberg School of Public Health at Johns Hopkins at a recent Open Forum.



The bad news is that serious public health issues keep growing while funding support for public health research, clinical care and education is shrinking.

Dean Klag said major challenges include emerging diseases like Ebola, problems created by increasing urbanization, lack of access to pure water, global warming, disempowerment of women, non-communicable diseases like cancer, hypertension and heart disease, and deaths from natural disasters, poverty and injuries.

At the top of his own priority list for attention is the rapid population growth throughout the world, especially in sub-Saharan Africa. World population today is about seven billion. By 2100 it is expected to be 10 billion.

One aspect of what is driving that growth, he said, is that almost 200 million women have no access to reproductive health education or clinical services and therefore continue to bear children. Such access, he said, is a "right" for all women. In the past 20 years funding for reproductive health education fell by 50 percent because money was diverted to support HIV programs. The Gates Foundation hopes to provide reproductive health education

and care to 100 million additional women by 2020, he said..

Dr. Klag pointed out that patterns of disease change as world populations live longer. A hundred years ago diarrhea and pneumonia were leading causes of death. Today it is cardiovascular and heart disease, cancer and injuries. The most difficult health problems to address in large populations are mental illness, for example, schizophrenia, bipolar, and injuries and chronic diseases.

Access to water, Dr. Klag said, will be critical in the future. He noted that it takes 1,800 gallons of water to produce one pound of beef, 600 gallons for a pound of pork and 500 gallons for a pound of chicken. Meat consumption will have to be reduced, he said.

Dr. Klag said that a world-wide migration of populations from rural to urban areas has created "mega cities" of 10 million or more. While populations continue to be distributed among smaller cities, the massive growth in urban centers has negative effects on health.

For example, urban citizens exercise less, creating obesity. More than a million urban citizens die annually from air pollution, which is also thought to increase risk factors for autism. Today one child in 50 is at risk of being diagnosed with autism; previously it was one in 5,000.



Heather Quay, right, daughter of Stanley and Joyce Feldstein, and husband Jon Svetskey, performed in a recent folk concert here .

Hopkins Professors Explore Between-War Period in France, Germany and UK

By Elborg Forster Photo by Erroll Hay

A France characterized by insecurity and illusion, a Germany overwhelmed by anger and a taste for the colossal, and a Britain moving through social change and technical innovation - all were explored at three recent Saturday night lectures here covering the two decades between the World Wars by emeritus professors of the Johns Hopkins History Department.

Arranged by resident Robert Forster, whose topic was France, the series featured Vernon Lidtke on Germany and Orest Ranum on Britain. All three countries, decimated by World War I, experienced a huge loss of life and were later hit by the depression. But reactions differed.

The French, with half their young men dead and a third of their industry ruined, were obsessed with fear of another war with Germany, which had double the population and a superior economic organization largely untouched by war. Yet Paris was alive with 40,000 American artists, writers, musicians and dancers even as the more modest provincial middle classes retreated to family life, small towns, small shops and farms and supported a conservative republic. They were unprepared in 1939 for the German attack.

Germany, Lidtke said, was dominated less by fear and insecurity than by anger that it lost the war and was blamed for its origins in the Treaty of Versailles, which also ordered demilitarization and reparations. Faced with French occupation, hyperinflation, massive unemployment and fear of a communist revolution, Germany experienced a growing

suspicion of minorities, especially Jews, resulting in the mass exterminations after 1941. Developed was a new "Germany art," reviving a version of Greek classicism, and massive displays featuring thousands of soldiers parading under flags and searchlights.

Ranum said that although Britain emerged from the war with heavy losses, it was protected by the English Channel, the destruction of the German navy and the annexation of German colonies, and could

therefore assume a more generous stance toward the defeated enemy. As a result Britain and France were deeply divided on German policy.

Following World War I more British women worked outside the home and were granted the right to vote. After an austerity program created economic woes, labor became more organized; large

landlords could not compete and surrendered their estates. Britain moved toward the left in its politics and economics, following the guidance of economist Lord Maynard Keynes.

Ranum also described the decline of Victorian values, the rise of the Bloomsbury group and the fascination of the English with the monarchy and the tabloids.



Orest Ranum and 1920s English Tabloid

Trail Day 2015

May 1 10 a.m. - 2 p.m.

In celebration of Trail Day, enjoy the fresh spring air while taking in the beautiful nature trails.

Maps of the trails will be provided, along with pencils, walking sticks and a walking companion, if desired

Anthropologist Mintz Talks About Race

by Elborg Forster

Sidney Mintz first heard about the classification of human races from his fifth-grade teacher, who told him that there were four kinds: white, black, yellow and red.

Very neat, very convenient – but wrong, as Mintz, our fellow resident, a widely admired anthropologist and an emeritus professor at Johns Hopkins, was to find out.

The historical background to the issue of race is a story of huge displacements of populations, mostly from Africa, where 14 million persons were enslaved between 1500 and 1860, of whom only nine million, or 60 per cent, survived. The development of bigger and bigger ships facilitated these transports, the “Middle Passage,” and the growth of sugar production, particularly in Brazil and in the Caribbean called for ever more slave labor.

Mintz pointed out that the migration of Africans to the New World was involuntary, whereas the Europeans, whether to escape poverty or religious persecution, came by choice.

Speaking of the North American case with which we are most familiar, Mintz pointed out that here the situation was and is different from the rest of the New World. In all other countries and colonies, slavery was ended by legislation and treaties signed in far-off capitals. It was only in the United States that slavery was ended by war, leaving a particularly bitter and effective opposition.

In the United States, anthropology began to be studied in the mid-19th century, about the same time as the Civil War. Its practitioners started assigning groups to races based on their appearance. However, these early students had no genetics to back up these classifications. The number and size of the “races” individuals allegedly belonged to were arbitrary and lacked scientific grounding. All humans belong to one species, as confirmed by our mating behavior. Since the 1960s, advances in genetics show all humans share 94% of their genes. Only six per cent figure in attempts to posit physical (“race”) divisions among us.

The groups we perceive as based on physical traits are in fact socially constructed -- that is, they are ethnic groups, explained Mintz. Though most such groups are culturally distinct and once spoke different languages, some have histories of oppression and lower status. In such cases, Mintz stated, the majority may invoke “race” to attempt to keep people chained to their inferior former status. Inherited physical marks last forever, Mintz points out, while socially learned behaviors can be unlearned.

Open Forum

Auditorium, 7 p.m.

Thursday, May 7

U.S. Israel Relations

Robert O. Freedman, Ph.D.
Professor of Political Science
Baltimore Hebrew University

Friday, May 22

Whatever Happened to the Ebola Virus?

A Humanitarian's Retrospective
Rev. David A. Robinson
Sr. Advisor for World Vision International

Thursday, May 28

Pests in the City: the Politics of Control and Eradication

Dawn Day Biehler
Assistant Professor of Geography
and Environmental Studies
University of Maryland

Thursday, June 11

Immigration - Children of Baltimore

Kurt Schmoke
Dean, University of Baltimore Law School
Former mayor of Baltimore

Bird and Nature

Saturdays, May 2, 9, 16 and 23

Walks led by

Anne Allen Dandy and Dot Gustafson

Meet at lower level entrance at 8 a.m.

All are welcome

Broadmead Briefs...

Resident **Jonas Rappeport M.D.** was awarded the prestigious American Psychiatric Association (APA) **Warren Williams Assembly Speaker's Award** April 30, honoring psychiatrists who have made significant contributions to their region, the national APA and the field of psychiatry. The citation said he demonstrated a lifelong commitment to organizations working on behalf of psychiatry and cited him as a past president of the Maryland Psychiatric Society (MPS) and founding president of the American Academy of Psychiatry and the Law.

He has received the Isaac Ray Award for outstanding contributions to forensic psychiatry as well as the MSA Lifetime Service Award. He is stepping down from the board of the Maryland Foundation for Psychiatry, where he has served for 17 years on its executive committee, 14 of them as president. Currently he is president of MaCCRA, a 14-community group of Continuing Care Residents Associations, as well as chair of Broadmead's Open Forum Committee.

A new list of first names most common to Broadmead residents has been generated by **Nancy-Bets Hay**. **Nancy-Bets** had a lot of downtime recently due to a damaged foot, allowing her time to read the Broadmead telephone book.

The most common men's names are John at 10 and Robert or "Bob" at six. The John count does not include either our CEO or CFO.

Among women Elizabeth or Betty/Beth/Betsy, accounted for 15 and Mary/Marie for 12. Ann/ Anne/ Anna are tied at 11 with Sally/Sarah. Nancy and Dorothy/Dot tied at eight. Tied at seven are Ruth and Margaret/Peggy.

Tied at six are Jean, Virginia/Ginny and Suzanne/Sue/Suzie. (*Was **Susie Fetter** counted here as a Sue, when her real name is Elizabeth?*). Tied at five are Kathryn/Kitty.

Nancy-Bets found that 15 women, presumably including herself, are called by a double first name starting with Mary, Ann, Betty, Sara, Sally and Nancy.

Counted were 88 men and 256 women. (*Doesn't seem fair...*)

In response to a note from resident and Hopkins Professor **Sue Baker** thanking him for speaking at a recent Open Forum here, **Michael Klag**, dean of Hopkins Bloomberg School of Public Health, said "I think that was the most engaged and attentive audience that I have ever had the pleasure of addressing."

Wellness Coordinator **Kaitlyn Bownds** and her husband Nic tied the knot again at their formal wedding ceremony at Rivieramaya in Mexico on April 20. Married in a civil ceremony in March, 2014, to comply with legal requirements for Kaitlyn's moving from Canada to work in the US. But the party had to wait.

Even dogs may need, and sometimes benefit from, a divorce. Readers of the April issue of the *Voice* may recall a **Carolyn-and-Rhett-Murphy** photo of **Riley**, a terrier mix, who'd been rescued from the pound to join golden-mix **Murphy Murphy**, whose longtime companion Bridie had died. In the photo Murphy, the dog, looked disgusted with little Riley who at that time appeared happy in his new home. But, following a two-month trial period, it became obvious to everyone (especially Murphy) that Riley **didn't like him**. Learning of the canine distress, **Phyllis Erickson** said she'd like to give Riley a try in her home. "And now Phyllis and Riley are living happily ever after...and Murphy too," Carolyn said.

Director of Environmental Services **Joyce Malone** has announced a new Saturday trash pick-up in the clusters; an upgrade of the fire/smoke alarm system and the expected arrival of a new generator to increase walkway lighting.

The winner of the **Vitality Check** raffle, dinner at the Pepper Mill, is **Alice Christiansen**. Vitality checks are being offered by the Rehabilitation Department to all residents to check out any issues which might benefit from its services. **Esther Krasevac** won the Marketing Department's **referral program** raffle, a \$50 gift certificate to Wegman's.

There seems to have been some confusion about the "rules" for working the **jigsaw puzzles** in the lounge. There are no rules. Everyone is welcome to help complete the puzzles: residents, their guests and the staff.

Librarian Completes Long and Huge Catalogue Task

By Elborg Forster

The Voice of the Residents does not usually carry obituaries, but this is a story in which this publication is intimately involved. So an exception is called for.

When Agnes Visy had completed the monumental task of transferring the information for Broadmead's 7,000 volumes from an old-fashioned card catalogue to an online site, the *Voice* wanted to celebrate this accomplishment and sent a staff writer to interview her.

Agnes was in charge of the library for many years.

The interview took place in the workroom on the lower level, where Agnes sorted donations, shipping some of them off for a 10 per cent return on the sale, integrating others onto the existing shelves and just storing the rest right there.

As a result the workroom was rather crowded but Agnes and her guest found a place to sit by the computer, chatting about the weeding-out process, her frustration with lack of space and her concern that too many books would be thrown out.

She then explained how she had put each book's Library of Congress information into the Broadmead computer, a technical process she was just beginning to recapitulate for the interviewer when she slumped over in her chair and gasped that she was not feeling well.

Taken quickly by ambulance to the hospital, she died two days later without regaining consciousness.

The Broadmead community regrets the passing of its faithful and hard-working librarian and in her honor resumed the sale of books at the Barn Sale.

Oops. *Errors appeared in a write-up on a talk given by Dr. Stanley Feldstein to the Saturday Men's Group. It should have said:*

Dr. Feldstein began his research shortly after receiving his Ph.D. from Columbia, continuing for nine years at the William Alanson White Institute in NY before going to NY Medical College. He studied the sounds and silences of conversation and their effects on the relations between adults, preteens and infants and their mothers. One of the important findings was that four-month-old infants' vocal interactions with their mothers predicted their relationship at 12 months and four years. The endpoint of the research was to study the language of psychopathology.

Why Did I Bring This to Broadmead?



A hairbrush positioned in front of four bald heads, a rose-water dispenser, a 1890s cookbook containing recipes on how to cook eels, white kid gloves and enormous moose antlers from Maine. These are among the resident offerings for this year's popular Display Case exhibit entitled "Why Did I Bring This to Broadmead?"

The exhibit also includes a hand-twist orange juice squeezer, an unexplained intricately carved box for some kind of game and a jardiniere from one resident whose mother had described it as "an example of bad taste."

Organized by Nancy Boyce and Carolyn and Rhett Murphy, the exhibit included items on loan from Nancy Allchin, Sally Bloomer, Sally Jane Boone, Nancy Boyce, Sonia Blumenthal, Sibylle Ehrlich, Robert Fetter Elborg Forster, Nancy-Bets and Erroll Hay, Dosia Laeyendecker, Sid Mintz, Carolyn and Rhett Murphy, Penny Partlow, Florence Platt and John Robbins.

Photo by Erroll Hay

Religion at Broadmead

Friends Meeting for Worship

Sundays at 11 a.m.
Stony Run Board Room

Vespers

3rd Sunday every month
May 17, 4:30 p.m. Main Lounge
The Rev. Alphonse Rose
Retired priest
Cathedral of Mary Our Queen

Bible Study

(sponsored by Woodbrook
Presbyterian Church)
Tuesdays 10 a.m.
Fireplace Room

Episcopal Communion

(sponsored by Sherwood Episcopal Church)
1st Thursday Every Month
10:30 a.m. Holly Terrace

Catholic Mass

(sponsored by St. Francis Xavier Church)
2nd Wednesday every month
10 a.m. Stony Run Boardroom

Newly Arrived Residents

Bob and Ann Heaton	P-5
Lydia Thiel	A-4

Let's Dance

Monday May 11 7 p.m. Lounge



Let's Sing

Monday, May 18
7 p.m. Lounge

Four-Step Program Can Help Reduce Falls

Falls by residents resulting in permanent disability, hospital or Hallowell time, have not diminished over the last five years, resident Frank Iber M.D. said at a recent talk sponsored by the Health Care Committee.

Emphasizing that the actions of residents themselves are of the greatest importance in preventing falls, he pointed to four things that can make a difference.

First, one should strive to be attentive at all times, watching for obstacles, defects in walkways, unexpected steps or ice.

Particular diligence is required where there are visual problems or poor lighting. If advised to use a walking aid, do so at all times, he said.

Second, one should make certain balance and muscle strength are sufficient. Needed is the ability to stand for 10 seconds on each leg without support, to rise from a straight chair and walk six yards in 10 seconds, to climb 16 steps without stopping or using arms, and to walk 50 yards without stopping.

Dr. Barbara Carroll, Broadmead's Medical Director, found balance or weakness problems in almost half of 44 residents that she tested, Iber said. He advised getting referrals to Physical Therapy from health providers or enrolling in Wellness classes.

"Too few of us have regular exercises to maintain balance and leg strength. Regular guided classes can correct this, he said.

Iber added that to form an exercise habit, three to six months of classes are needed. The portion of Broadmead residents doing regular exercise has been static for five years, he said.

Third, because most falls occur in apartments, the health provider can arrange a review in the apartment with a physical therapist, including night-time lighting.

Over half of such reviews recommend substantial changes for safety, he said.

Last is a review of medications. Opiate pain pills, sleeping pills, anti-anxiety pills, such as Valium, as well as over-the-counter allergy medications, increase the likelihood of falls. Ask if a dose can be reduced or eliminated.



Broadmead Movies

Auditorium at 7 p.m.

May Tuesday movies selected by Sally Bloomer and Marjorie Appleby; June Tuesday movies by Carol McCord; Saturday movies by John DePrine and Bob Gist

Tuesday, May 5 **Into the Woods**
(Meryl Streep, Emily Blunt, Johnny Depp)
Modern twist to a beloved fairy tale you thought you knew.
2015 PG 125 minutes

Saturday, May 9 **Unbroken**
(Garrett Hedlum, Domhnall Gleeson) The true story of an Olympic runner who survived a plane crash, 47 days adrift in the Pacific and capture by Japanese during World War II.
2014 PG-17 137 minutes

Tuesday, May 12 **State Fair**
(Jeanne Crain, Dana Andrews, Dick Haymes)
Farm-family daughter Margery leaves for the Iowa State Fair. On the first day, both Margery and brother Wayne meet attractive new flames.

1945 **NR** **100 minutes**

Tuesday, May 19	The Imitation Game (Benedict Cumberbatch, Keira Knightly) During World War II a mathematician, Alan Turing, tries to crack the enigma code with help from fellow mathematicians.
2014	PG-13 114 minutes

Tuesday, May 26 **Ginger and Fred**
(Marcello Mastroianni, Giulietta Masina)
Amelia and Pippo are reunited after several decades to perform their old music hall act (imitating Fred Astaire and Ginger Rogers) on a TV show. Touching and nostalgic.
1986 PG-13 127 minutes

Saturday, May 30	The Kite Runner
(Shaun Toub, Khalid Abdalla)	
Years after fleeing the Taliban and immigrating to the United States, a privileged Afghan man returns to his war-torn country to try and repay a debt to a loyal childhood friend whose trust he once betrayed.	
2007	PG-13 127 minutes

Tuesday, June 2	The Hours
(Nicole Kidman, Julianne Moore)	
This gripping drama follows the parallel lives of three women: writer Virginia Woolf, an unsatisfied 1950s housewife and a modern-day book editor.	
2002	PG-13 114 minutes

Saturday, June 6 **The Ultimate Gift**
(Drew Fuller, James Garner, Abigail Breslin)
When his wealthy grandfather dies, Jason Stevens fully expects to benefit from his will. Instead he receives a series of tests that he must complete before he can collect his inheritance.

2006 PG-13 114 minutes

Tuesday, June 9 The Theory of Everything
(Eddie Redmayne, Felicity Jones)
With his body progressively ravaged by ALS, world-famous physicist Stephen Hawking must rely on his wife Jane to continue his life's work as he faces various challenges. This affecting biographical drama centers on the couple's partnership.

2014 PG-13 123 minutes

Saturday, June 13	The History Boys
(Richard Griffiths, Francis de la Tour)	
On a quest to attend either Oxford or Cambridge Universities, several English boys grapple with the intricacies of university admission.	
2006	R 114 minutes

Writers' Group
Fridays, 4 p.m.
Fireplace Room

VOICE OF THE RESIDENTS

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President: Jim Crowder

Managing Editor: Marcia Reinke

Associate Editors: Bernie Anderson, Elborg
Forster, Jackie Mintz

Photography Editor: Erroll Hay

Editorial Board: All of the above, Nancy
Allchin, Gwen Marable, Penny Partlow,
Bea Post

Art and Layout consultants: John Robbins,
Kitty Anderson

Proofreaders: Sue Baker, Sally Bloomer, Ginny
Cooley, Park Espenschade, Bob Fetter,
Anne Lee, Jean McGregor, Betty Pausé,
Jean Wilson

Circulation: Aggie Merrick

Computer Consultant: Erroll Hay



EDITORIAL POLICY

The Voice is produced by and for the Broadmead Residents Association. It seeks to announce and report on activities at Broadmead and to carry news, features and photos of interest to residents.

As its major goal is to promote a sense of community, *The Voice* does not publish criticism of individuals or the three organizational bodies that comprise Broadmead (residents, administration and trustees) nor controversial opinions about Broadmead affairs as there are established procedures for the resolution of internal problems.

The Voice does not publish matters of a religious or political nature, except in the context of a lecture report with attribution to the author of the opinion, nor submissions from outside media due to space limitations and possible copyright problems.

Decisions about content as well as writing and photography assignments are made at meetings of the Editorial Board, usually held the first Wednesday of each month. Advance publicity about events should be submitted by the 12th of the prior month, and those assigned to report on events should submit copy of no more than 400 words by the 15th of the prior month or as soon thereafter as the editors specifically allow.

All copy is subject to editing and cutting, should be typed and sent to voice@broadmeadra.org, with a hard copy in *The Voice* box in the BRA office.



In anticipation that summer is on the way, Erroll Hay has provided a 2014 photo of a ruby-throated hummingbird feasting on a geranium in a hanging basket outside his D-3 home.